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HOW TO KEEP COOL.

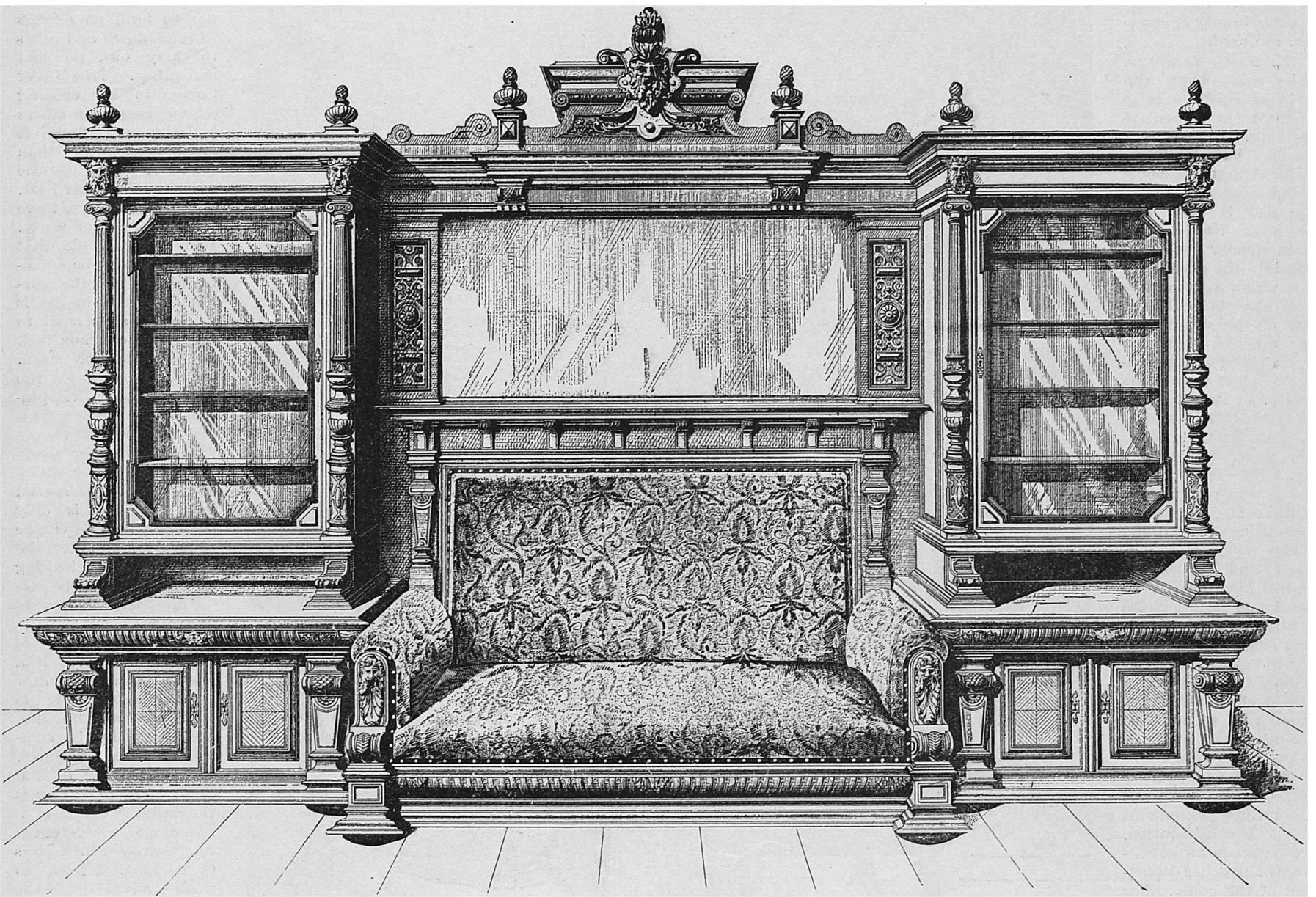
SUMMER is so decidedly upon us that the burning question (pardon the joke) is "how to keep cool." Although we are not severely troubled by any very prolonged duration of hot weather, yet whenever we do get a spell of it a great outcry is raised. All sorts of wild and impromptu steps are taken to counteract the discomfort, when we are within doors, by keeping our rooms cool. For the people do not like hot weather, notwithstanding that they grumble exceedingly if the summer is passed under cloudy skies, and with the sun presenting but a "veiled splendor." Ladies especially, and all invalids and delicate people, suffer greatly, as a rule, from a high temperature, and it therefore becomes a matter of considerable importance in many households that every measure should be adopted which is calculated to keep the quicksilver down. And, unaccustomed as we are to visitations of great heat, some little ignorance very naturally prevails at times as to the simplest means of maintaining an atmosphere in our rooms which, whilst being fresh and pure, shall also be cool. Many people are too apt to think that the best way to effect their object is to keep doors and windows wide open, and so create a thorough draught through rooms and passages, whereas the very

hot; indeed, when it has once done so it is almost impossible to bring down the temperature of a room as low as would have been the case had the window been protected by canvas or *jalousie* early in the morning.

Of course we are speaking of that side of the house which faces south or west; the other aspects require comparatively little consideration, except the rooms at the top, where the effect of the sun on the roof will always make itself disagreeably felt, and the top story is, therefore, always the most difficult to keep cool. Whether absolute darkness in itself has any real influence in assisting to the maintenance of a low temperature, or whether we only fancy it has, from the pleasant relief it affords after the glare of intense sunlight, does not signify; but certain it is, that unless you keep a room dark, you cannot keep it cool, although there may be no actual rays of the sun penetrating it, or any window actually open. Protection from a great light, therefore, is as indispensable as is protection from the outer air, and if the housewife will bear this simple fact in mind, she will have taken the first steps toward keeping her rooms cool. Directly, however, the sun begins to decline, air may be let in on the northern and eastern side of the house, and when the orb of day is once below the horizon, and until he is high again in the heavens, doors and windows should

effect on the eye goes a long way towards influencing the mind, and we all know how the mind influences the body.

Therefore, just as a room in winter that looks snug makes us inclined by anticipation to feel warm, so a room in summer that looks cool makes us by the same token inclined to feel so. Thus a floor covered with Indian matting, with only an odd rug or so lying here and there, must necessarily suggest a more agreeable surface to tread upon in hot weather than a fur hearthrug, or a richly piled carpet. The fashion of only carpeting the centres of rooms, renders the substitution of matting in the summer very easy, and where floors are parquetry or polished, or stained or painted all over, it would be quite legitimate for the sake of coolness, to adopt the foreign principle, and get rid of all covering whatsoever, save in odd places, where a pretty mat or two will help to furnish the room and take off the effect of bareness. Tiled floors for rooms are not common here, as they are in the sunny south, simply because they are not suitable to our climate; but when we are visited by a southern temperature, the effect of tiles to some extent might be produced by covering the whole floor with a tile-like patterned oilcloth, and if any lady would have the boldness to do such a thing, probably it would be very successful, and find plenty of imitators. Of course the



COMBINATION SETTEE AND BOOK CASE, DESIGNED AND MANUFACTURED BY FERD. VOGTS & CO., BERLIN.

contrary method is the wisest; for it should be remembered that the original rise in the thermometer takes place out of doors and not indoors, and that consequently the longer the external air can be excluded, the longer will the temperature in the house remain unchanged.

It is an old saying, and one founded on fact, that what keeps out cold keeps out heat, and as our houses are mainly constructed with a view to protecting us from that sort of weather of which we have the most, namely, cold, there is no reason why, with care, we should not make our thick walls and solid fittings equally available to protect us as effectually from a sirocco as from a cold north-easter. This, however, can only be done by going upon the same principle with both—by shutting them out. Therefore, before the rays of the midsummer sun become at all vertical, we should carefully exclude the outer air, draw down the blinds, and even close the shutters, particularly if the windows are not fitted with outside blinds. The latter are indispensable, however, for the perfect accomplishment of our object, for we know that it is a great point to prevent the glass getting

be set freely open. Indeed, in very hot weather, where it is possible, the latter should be kept open all night, whereas it is too commonly the habit for these arrangements to be conducted upon the same principle all the year round, to shut up at night and open in the day, whether the thermometer is at forty or eighty.

Having, therefore, closed and darkened the apartment, it is time to see what other contrivances are available for the purpose we have in view. It is almost needless to say that carpets and curtains should be dispensed with as far as possible, particularly the former, and thick curtains should be retained only where they are necessary to exclude the outer atmosphere. Wherever tessellated or stone halls, passages or staircases exist, they should be incumbered as little as possible with mats or druggets, so that their cooling influence may be made the most of, while in rooms it is wise to substitute Indian matting, wherever possible, for the ordinary thick piled Turkey, Kidderminster or Brussels. For be it remembered the sentiment of coolness, so to speak, has no unimportant influence in producing the sensation. The

complete illusion would not be realized unless the oilcloth were fitted into the shape of the room; but where money and trouble are not considered there is no objection to this. When once down the oilcloth could be retained; it would be merely substituting a tiled floor for a wooden floor, and a central carpet and rugs could be laid down as well on the one as on the other.

If rooms be properly ventilated at night by allowing thorough draughts to pass through them at least for a time, there can be no reason why they should get unpleasantly "stuffy," during the day while they are closely shut up, especially if a little wholesome scent be evaporized in them, and they are decorated with a fair proportion of flowers, either growing or cut. Any way, the great secret of keeping rooms cool, when a tropical sun is shining, is to do as is done in the tropics, namely, exclude it as far as possible, and to do this the housewife must shut up her castle as tightly as if she were besieged by an enemy, and not open her windows in the fashion too common with her, until she has retired for the night.